

Windsor Heights Living

may 2014

50324

magazine

HOME SWEET HOME

BUYING A HOME IN
TODAY'S MARKET

MEET REBEKAH JANKE
EDUCATION

QUIET BLISS
WHERE WE LIVE

ESAU'S LENTILS
RECIPE

PRRST STD
ECRWSS
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
POSTAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
5619 N.W. 86th St., # 600
Johnston, Iowa 50131

VINTAGE COOPERATIVES

own your share. share your story.



Over 90 senior housing cooperatives have been developed in the Upper Midwest, and the concept is expanding into Central Iowa. Proposed for Beavertdale, Vintage Park Cooperative is more than just a building, offering a lifestyle that is unique among alternative housing options. Why has the cooperative form of ownership become the choice of those 55 and above? Because independent seniors have discovered the many benefits of the cooperative lifestyle.

Vintage Park Cooperative of Beavertdale

INFORMATION CENTER NOW OPEN

3615 Beaver Avenue
Des Moines, Iowa

(Located south of Casey's on the corner of Beaver and Douglas)

Call today to discover the many advantages of cooperative living. Contact Shona or Julie at

(515) 279-1000 or (515) 729-2667

www.VintageCooperatives.com

EXQUISITE NEW SHOWROOM

Features Design Choices Available in a Vintage Cooperative Home

- See firsthand a sampling of interior finishes, including cabinetry, appliances, flooring, backsplashes, countertops and more
- View a display of available, thoughtfully designed floor plans
- Visit with Vintage Cooperative specialists to learn more about the lifestyle and project
- Don't delay—early buyers get to personalize their homes



Ewing Development • 909 West 16th, Pella IA 50219 • (641) 628.0073 • www.ewingdevelopment.com

Committed to building housing for seniors that is thoughtfully designed, keeping the needs of seniors at the forefront of each development. Our goal is to create a supportive, interdependent living environment that cultivates an active, participatory lifestyle, promotes health and nurtures the spirit of each individual.



It has a reset button?

Few things in life are as exciting — and as nerve-racking — as buying a home. For most of us, it is the single largest purchase we will ever make, so a great deal of thought and preparation should go into making these decisions. The choices will impact our daily lives for years, decades or even the remainder of our lifetimes.



I remember when my wife and I were looking at homes for the first time. I think I was more scared to buy a house than I was to get married. Looking for homes was fun, but signing the loan documents made beads of sweat run down my forehead. For a guy who had very little debt, borrowing money for a home on a 30-year loan was a real gut check. Fortunately for us, we didn't stretch beyond our means. We considered new construction and spec homes but ultimately

decided on a 20-year-old split foyer home needed some work. Both of us had lived in apartments previously, so a home — any home — was a huge step. We had no idea what we were in for.

At that stage in our lives, we didn't even own a broom or a garbage can, let alone a lawn mower or a washing machine. The trips to the local hardware and appliance stores were frequent — and costly. I learned the hard way that an electric dryer doesn't come with an electric cord and that there is a reset button on what can appear to be a broken electric garbage disposal.

Like many of you, we suffered through it, learning along the way.

Two decades and three homes later, we are still learning. We just completed a basement remodel, and we often wonder if we should have instead built a new home with everything we wanted. But that would have involved making hundreds of detailed and costly decisions, and that's not how we want to spend our free time at this stage of our lives.

Meanwhile, many others are making home-buying decisions in the Windsor Heights area each year, whether that be their first home, their last home or somewhere in between. Inside you will find tips from local experts that will help as you plan for your next home.

See you at the hardware store, and thanks for reading. ■

Shane Goodman
Publisher



Darren Tromblay
Editor
515-953-4822 ext. 304
darren@dmcityview.com

Debra Prentice
Advertising
515-577-9136
debra@iowalivingmagazines.com



Iowa
Living
magazines



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAY HELLO TO SUMMER

Join the fun this year with Summer Camps at the YMCA of Greater Des Moines for preschoolers through teenagers.

Locations

- ANKENY
- BOONE
- DES MOINES
- WINDSOR HEIGHTS
- WEST DES MOINES
- WAUKEE

Preschool Camps

Ages 3-6

Resident Camps

Ages 6-17

Y Camp in Boone

School Age Camps

Completed Kindergarten to 6th Grade

Specialty Camps

Kindergarten through teens

- SPORTS CAMPS
- ART CAMPS
- WATER CAMPS
- CULINARY ARTS CAMPS
- TRAVEL CAMPS
- OUTDOOR CAMPS
- LEARNING CAMPS

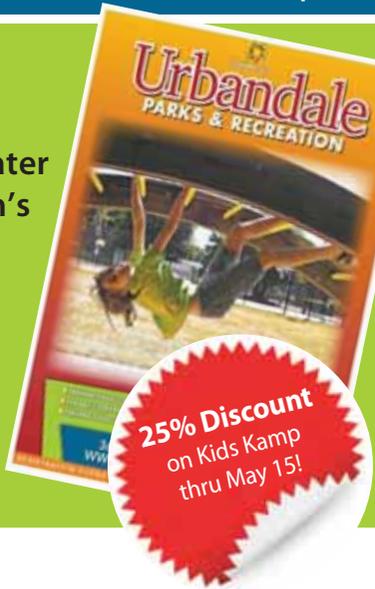


www.dmymca.org/YDayCamp

106-6085

Join the **FUN** this Summer
with **NEW** Classes and Camps!

- Kids Kamp
- Arts in the Park
- Beginner Roller Skater
- Urbandale Children's Theatre
- Youth Tech
- Skateboard Clinic
- Youth Tennis
- ...and more!



Registration begins April 8!
Space limited.
Register today at
UrbandaleParksandRec.org
or by calling 515-278-3963!



**DEDICATED TO PROVIDING
INDIVIDUAL PATIENT CARE**

WITH A PERSONAL TOUCH FOR THE WHOLE FAMILY!

- Treatment for sports injuries, heel pain, ingrown nails, diabetic foot care, etc.
- Diabetic shoe and socks
- Large selection of footcare products



By appointment
Monday-Friday 9am-5pm

Dr. Rudolph La Fontant

2629 Beaver Avenue, Suite 15 • Des Moines

515.223.5219

inside

- 5 Cover story**
Home sweet home
- 8 City newsletter**
Windsor Heights news
- 9 Senior living**
Renewed by spring
- 10 Calendar**
A comprehensive list
- 12 Garage**
Shoes are made for walkin'
- 19 Education**
Meet Rebekah Janke
- 20 Faith**
Following her dream
- 21 Finance**
Moving is a hassle
- 22 Recipe**
Esau's lentils
- 24 Legal briefs**
Loss of a spouse
- 27 Chamber**
News of local events



Page 5



Page 19



Page 22

PUBLISHER:
EDITOR:
SALES MANAGER:
ACCOUNT EXECUTIVES:

Shane Goodman
Darren Tromblay
Jolene Goodman
Debra Prentice
Dan Juffer
Christina Anderson
KK O'Neill
Wendy Goodale
Brooke Pulliam
Julie Downing
Marolynn Berrett
Tim Boesen
Janice Glandon

DESIGN MANAGER:
GRAPHIC DESIGNERS:
EDITORIAL ASSISTANT:
CONTRIBUTORS:

Celeste Jones
Karen Ericson
Tyler Nash
Kathleen Summy
Alan Cross
Rainey Cook
David Mable
Lalonie Bowen
Brent Antisdell
Brent Antisdell
Lindsey Woody

BUSINESS OFFICE MGR:
DISTRIBUTION:
DIGITAL:

ADDRESS: 5619 N.W. 86th St. Suite 600, Johnston, IA 50131
PHONE: 515.953.4822
EDITORIAL: ext.304
ADVERTISING: ext.319
DISTRIBUTION: ext.316
DESIGN: ext.313
ACCOUNTING: ext.316
FAX: 515.953.1394
WEB: www.iowalivingmagazines.com



Circulation and readership
audited by



Windsor Heights Living magazine is a monthly publication of Big Green Umbrella Media, Inc., an Iowa corporation. Nothing may be reprinted in whole or in part without permission of the publisher. Windsor Heights Living magazine is mailed free of charge to every household and business in the 50324 zip code. Others may subscribe for \$18 annually. Copies of past issues, as available, may be purchased for \$3 each (plus shipping if required).

HOME SWEET HOME

BUYING A HOME IN TODAY'S MARKET

By Alan Cross

Once upon a time, when someone wanted to sell his or her home, just two things were needed: a "For Sale" sign in the front yard and getting the rugs shampooed.

Things have changed, to say the least.

"Buying or selling a home has gotten so much more sophisticated, especially over the last five or six years," says Carla Clark, a realtor with RE/MAX Real Estate Group in Windsor Heights.

"The Internet has had something to do with the change in how we sell, or how a person buys a home. But there are some other reasons why it is a whole new world out there in regards to selling and buying real estate," she says.

Clark has been selling real estate for 28 years. During that time, she has seen the boom and the busts in the real estate market.

"The bottom of the market really fell in 2006, and many realtors got out of the business," Clark says. "It has picked up over the last few years."

Not only has Clark seen the highs and lows of the real estate market, she has also experienced the different changes in the way



Tyler and Jessica White have found the perfect home to raise their sons, Caden and Seth.

she has to sell a home.

"Placing ads in the newspaper was the best way to advertise a home when I first started in the business," Clark says. "I used to take my own photos of the homes for the ads as well. There also used to be a great big section — especially in the Sunday paper — devoted to

real estate."

Clark says a new generation of home buyers has grown up with computers and the Internet.

"They can look at a home online with all the photos from the comfort of their own easy chair," Clark says. "Then if they see

something that catches their attention, they will go look at the home in person.”

And attracting the attention of a potential buyer is the key, says Clark.

“There were times when I mentioned to a prospective buyer that I was going to show them a home at a certain location,” Clark says. “They would simply tell me they had already seen the home on the Internet, and that they weren’t interested in it.

“Now, that particular home may be perfect for them, but they won’t even bother to look at it because they weren’t attracted to it because they saw something they didn’t like about it on the Internet.”

So Clark does everything she can to grab a potential buyer’s attention from the get-go.

While she still carries her camera around just in case, Clark will pay for a professional to photograph the home.

“The professionals know all about how lighting affects the photograph,” says Clark. “They also know the right angles to shoot a photo.

“I don’t want to miss selling a home just because the photos were bad.”

The other thing Clark will pay for is having a consultant come into the home and help the seller determine what is needed to get the



Photo by Alan Cross

Vicky Daniel has been selling real estate for more than 30 years and has seen significant changes in the way homes are sold.

house in selling condition.

“The consultant will look over the home and determine what needs to be done to make the home more appealing to a buyer,”

she says.

Vicky Daniel, also a realtor for RE/MAX Real Estate Group, says she does the same thing.

“I have been selling real estate for 36 years — the last eight with RE/MAX,” says Daniel. “I have had to change the way I do my job during those years to better serve my customers. One of the ways is to have someone come in and evaluate what a homeowner needs to do to get their home sold in a timely fashion and for the price they want.”

Daniel says the kind of things a consultant will have a homeowner do could range from simply eliminating and moving some furniture around to painting a room and putting down new carpet.

“If the house is vacant, I like to put in a few stylish pieces of furniture to make it feel like a home,” says Daniel.

All this, say both Clark and Daniel, is done to make the home more appealing to a buyer.

“In this day and age, bad wallpapering, for example, will kill a sale, whereas 10 or 15 years ago it wasn’t an issue,” says Clark. “That’s why we try to make sure the home is in perfect selling shape before we even put it on the market.”

And the two people Clark and Daniel

#23214 #503457 #515048. Two or more at this price.

NISSAN
RIDE OF YOUR LIFE

#25014 #607608 #657103. Two or more at this price.

THE ALL-NEW 2014 NISSAN MURANO S AWD
LEASE FOR
\$274* PER MONTH
FOR 39 MONTHS
\$2,999 INITIAL DOWN PAYMENT

THE ALL-NEW 2014 NISSAN PATHFINDER S AWD
LEASE FOR
\$259* PER MONTH
FOR 36 MONTHS
\$2,999 INITIAL DOWN PAYMENT

HUMMEL'S
Iowa's #1 Nissan Dealer!

4770 Merle Hay Rd. • Des Moines
515-253-0719 • 800-652-0048 • www.HummelsNissan.com

FOLLOW US ON:
facebook | twitter | youtube

*Based on 2014 MSRP. Taxes, title, license, and dealer fees are for illustrative purposes only. Lease offers are for 2014 models only. Dealer price is \$27,999. MSRP is \$32,999. \$2,999 initial down payment. \$274 per month. \$2,999 initial down payment required at lease inception. Depreciation based on 100,000 miles. Excludes taxes, title, and license. Lease allows for 12,000 miles per year with 10 per cent for excess mileage. All models designed by dealer. Offer requires approved credit through Nissan. Make Available. Dependent. Dealer (88 Highway Mileage to 100,000 miles). Offer ends May 31, 2014.

turn to when getting homes in selling shape are Don Brown and Michael Armhurst, who provide professional staging and concierge services exclusively to the Windsor Heights RE/MAX Real Estate Group.

“As far as I know,” says Brown, “we are the only staging consultant team in the Des Moines real estate market. Some realty companies may have a concierge service, but we are the only ones who also offer staging consultation.”

What exactly is staging when it comes to selling a home? Staging is preparing a home for sale and the goal is to make a home appealing to the highest number of potential buyers.

Staging techniques focus on improving a property’s appeal by transforming it into a welcoming, attractive product that anyone might want.

“Just to make things clear, our job is not to question the personal tastes of someone selling their home,” says Brown. “Our job is to make the home appeal to a wide variety of people, not just a select few.”

“We come in and ‘take the bullet’ for the real estate agent by objectively telling the seller what needs to be done — whether it be painting a room in a neutral color or having pictures and collections taken down and removed. We have no emotional interest in the home other than we want to see it sold for the seller.”

Armhurst gave an example of why having photos of family members and/or collections taken down and packed away is so important on selling a home.

“Those things distract a buyer,” says



Photo by Alan Cross

Carla Clark of RE/MAX Real Estate Group in Windsor Heights says appearance is a big factor when trying to sell a house.



Photo by Alan Cross

There are several homes within the Windsor Heights area for sale from bungalows to large family homes.

Armhurst, who has been doing interior design for years. “A potential buyer is focused on those things instead of focusing in on the cabinets or the woodwork in the home — things that are going to really sell the home.”

Brown worked for Ethan Allen, a furniture and decorating store, before joining the RE/MAX Real Estate Group. While with Ethan Allen, he did a room for a realtor — everything from color coordination to furniture.

“She really liked the job I did and wondered if there were some way my talents could be used to help sell homes,” says Brown.

The realtor had Brown stage a home that had not sold in more than three years. Within weeks after staging the home, the home sold.

“Just this last December, we staged a home that had been on the market a while,” says Armhurst. “After we went in, the home sold fairly quickly. This was in the dead of winter, with snowy and freezing cold temperatures — not ideal weather for selling a home.”

It is just as tough to sell a completely empty home as it is selling a cluttered home, says Brown. That is why both he and Armhurst recommend having some furniture in the home.

“The percentage of people who can visualize how a home would look is fairly small,” says Brown. “You have to give buyers a concept of the potential a home has.”

Of course, says Brown, he and Armhurst are sometimes met with some resistance from the seller.

“For example, I remember the owner of the home that wasn’t selling before we went

in, saying to all of our suggestions, ‘But we have always done this,’ or ‘This is the way it’s has always been,’ ” says Brown. “I simply said, ‘And how has that worked out for you?’ ”

In addition to staging a home, Brown and Armhurst offer a concierge service to the seller to help make the experience a little less stressful.

If something needs painted, Brown and Armhurst can bring in a painter. If something needs fixed or remodeled, they can bring in a handyman. If the carpets need cleaned or the wood floors need buffed, they can bring in a floor and carpet expert. If the home needs a good cleaning, they can bring in a cleaner.

“We can take those things off the plate of the seller so they don’t have to worry about trying to find good people to do those jobs,” says Brown.

Brown is quick to point out that staging a home doesn’t necessarily mean the seller is going to get more for their home.

“If a home is valued at \$200,000, for example, they are not going to get \$220,000 simply because the home was staged,” says Brown. “What staging does do is help the seller get the maximum price for their home. However, if they do nothing, their \$200,000 home may sell for only \$150,000-\$175,000.”

And Clark points out, three things can affect the selling of a home: its location, its condition and its price.

“Nothing can be done about the location of a home,” says Clark, “but we can affect the price of the home by working on the condition of a home.” ■



MAY 2014
City of Windsor Heights

1133 66th Street • Windsor Heights, IA 50324
515.279.3662

www.windsorheights.org

NOMINATIONS DUE JUNE 18 FOR MOST BEAUTIFUL YARD IN WINDSOR HEIGHTS

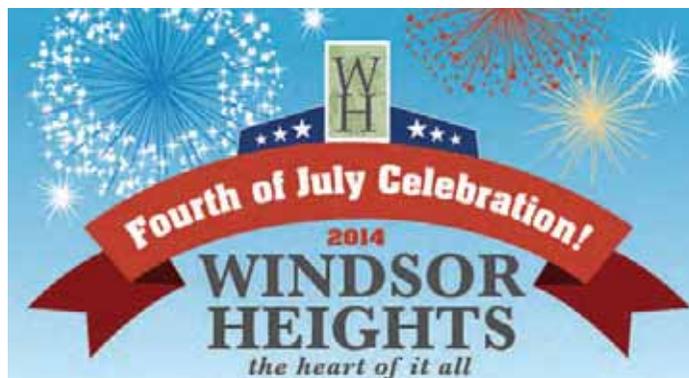
Each year, the Keep Windsor Heights Beautiful committee sponsors a Most Beautiful Yard Program to recognize the citizens of Windsor Heights for their efforts to beautify their properties and enhance the appearance of the community. The attention given to yards that display attractive flower beds, healthy grass and good mowing habits encourages others in the neighborhood to improve their yard.

Residential yards inside the city limits of Windsor Heights are eligible for nomination. Any resident of Windsor Heights can submit a nomination, and individuals are encouraged to nominate their own yard.

Nomination forms are available at www.windsorheights.org or can be picked up at Windsor Heights City Hall. Mail or deliver nominations to Windsor Heights City Hall. The first prize winner will receive a stepping stone valued at \$150. Two runner-ups will each receive a \$50 gift certificate from a local business. The deadline for entries is 5:00pm on June 18.

RAIN BARRELS FOR SALE!

The City of Windsor Heights has rain barrels for purchase at \$50. Interested persons can come into City Hall, purchase and take home a rain barrel the same day. Just make sure you can fit one in your vehicle! They can easily fit into the backseat of a standard sized car. If there are any questions, please contact Sheena Danzer at 515-645-6826 or sdanzer@windsorheights.org.



OPEN CALL FOR 4TH OF JULY PARTICIPANTS

Strike up the band and get your marching shoes out! The City of Windsor Heights' annual Fourth of July parade is scheduled to kick off at 1 pm on Independence Day. Residents and non-residents are encouraged to get involved by making a float, decorating a car, riding a bike, or bringing out your furry friends for the first ever Pet Parade! We are also looking for antique cars, drill teams, drum squads, marching bands, and farm equipment.

If participating in the parade isn't up your alley, the 4th of July Celebration could still use your help. Windsor Heights is in need of volunteers to help in all aspects of the festival and it's a great way to meet your community. We welcome your participation and if you would like to know more about how to be involved, please visit www.windsorheights.org or call 645-6821.

WH FOUNDATION ANNOUNCEMENTS AND MUSIC IN THE PARK LINEUP

The Windsor Heights Foundation Board once again wishes to thank our generous supporters who contributed over \$7,000 through our annual campaign. We also received generous grants from the following local foundations: Prairie Meadows; Bravo Community Betterment; and the Iowa Foundation for Education, the Environment, and the Arts.

The Foundation also recently accepted \$1,000 from the Windsor Heights Neighborhood Association. This group was instrumental in fostering an environment to engage in great neighborhood dialogue. One of the most popular activities they began was the annual neighborhood ice cream social. While the group has since disbanded, we know there is great support and interest for the continuation and expansion of this neighbor social. Past neighborhood association president, David Lange and his wife Colleen were instrumental from the event's beginning and they have provided us a wonderful blueprint for re-organizing the ice cream social. Sandy O'Brien and Laura DeBartolo Tow have agreed to co-chair the event, and the Foundation is excited about sponsoring such an important way to enhance the quality of living in this community. Mark August 24 as the tentative date, and let us know if you can host a neighborhood social or how you can help in any way. Contact Sandy at 279-8942 or Laura at 331-3013 to volunteer your time or suggestions.

All of the concerts are free and begin at 7pm. We will offer popcorn and door prizes. Bankers Trust will provide free beverages, and grab a snow cone courtesy of the Windsor Heights Lions Club.

We couldn't offer these events without your support. Thank you for your past contributions. Please let us know if you would like to help in any other way. Call David Swartz, the Foundation President, with your thoughts or comments at 515-371-4783.

GET RID OF HAZARDOUS WASTE RIGHT OUTSIDE YOUR DOOR

The City of Windsor Heights and Metro Waste Authority offer house-side collection the second Friday of every month for items such as lead and oil-based paints (not latex), chemicals (insecticides, poisons and solvents), lawn care products, compact fluorescent light bulbs (CFLs), sharps and cleaners.

Sign Up—\$25 per Collection

Residents can sign up on an as-needed basis at Windsor Heights City Hall. For \$25 fee per use, residents receive:

- Up to two 12-gallon bins (if two bins are taken, they both must be set out)
- Handling instructions
- List of accepted and not accepted items

Schedule Collection with Metro Waste Authority

Once you fill your bins, call Metro Waste Authority at 515.333.4434 to schedule collection. Bins are collected the second Friday of each month. The collected material is taken to the Metro Hazardous Waste Drop-Off in Bondurant where it is recycled or safely disposed of.

For more information, call 515.244.0021 or visit at www.WhereItShouldGo.com/houseside.

WINDSOR HEIGHTS OFFERS SUSTAINABLE LIVING SPRING EDUCATIONAL SERIES

As always the educational presentations will be free of charge to attend and open to the public. Cookies and punch will be provided! The City would prefer for attendees to register for the event with Sheena Danzer at sdanzer@windsorheights.org or 515-645-6826. Walk-ins are also welcome. A notice will be posted on the City's website if the event would need to be cancelled or re-scheduled due to weather conditions. Tuesday, May 27, 6-7pm, at the Community & Events Center, Make Your Own Rain Barrel, Darren Fife.

**DIANA WILLITS, MAYOR • STEVE PETERSON, COUNCIL MEMBER • CHARLENE BUTZ, COUNCIL MEMBER
BETTY GLOVER, COUNCIL MEMBER • DAVE BURGESS, COUNCIL MEMBER • TONY TIMM, COUNCIL MEMBER**

senior living

Be refreshed and renewed by spring

It's a time for new starts and healthy habits

By Susan Ray, executive director, The Reserve

As the days are light longer, warmer and brighter, we are thankful that spring is here. When nature begins to rouse from the winter slumber, we look ahead to fresh new beginnings, renewed focus and growth that come with spring.

If you have followed nature's way and have been a bit dormant during the winter, it's time to emerge into spring. Spring is the time to look ahead, make new plans, consider new ideas, new hobbies, refresh your home and determine the direction you'll take for the year. It's time to revive our senses and expand our horizons.

I would challenge you to consider doing some spring cleaning for your health as well. Let's start with what we put into our bodies. Most people eat more during the winter than during the rest of the year. You may have slipped into eating habits that aren't as healthy as they could be. Spring is a good time to refocus and begin to take steps to get back on track to healthy eating. Before long there will be an abundance of fresh vegetables and fruit. Take advantage while these foods are fresh and the taste is extraordinary. Increasing the amount of healthy food choices will improve your overall feeling of wellbeing and improve energy levels.

Spring is a time for all things to get active. This includes our way of thinking and how we approach things. Let your mind be cleared of all the clutter from winter and obstacles of the past. Positive thinkers will look at a situation realistically, search for ways that



they can improve the situation and try to learn from their experiences. Findings suggest that not only are positive thinkers healthier and less stressed, they also have greater sense of overall well-being.

Spring is a great time to refocus on daily exercise. Walking is a form of exercise that should be considered part of our normal routine. Walking is cheap, it's simple, and almost everyone can do it. Walking has a multitude of health benefits. Regular exercise increases the chances of remaining independent and the ability to care for one's self. Dr. Michael Pratt from the Centers for Disease control and Prevention in Atlanta (CDC) says "We used to think that once you got to a certain age, it really didn't make any difference anymore, but what we're finding out is that even men and women into their 90s can see major increases in cardiovascular fitness and strength with regular physical activity."

Get started now. Put some spring in your step, spring in your food, spring in your mind and heart, and spring into your life. ■

Information provided by Susan Ray, executive director, The Reserve on Walnut Creek, 2727 82nd Place, Urbandale, 515-727-5927, reserveonwalnutcreek.com.

Your Home.
Your Community.



The Reserve
URBANDALE



Schedule Your Tour Today!
Call 727.5927

2727 82nd Place
Urbandale, IA



UnityPoint Health
Des Moines

www.reserveonwalnutcreek.com

Friday, May 16

- Iowa Cubs vs. Round Rock at home, 7:05 p.m.
- VHS 9/JV/V Boys Soccer vs. Urbandale, 4:45/6/7:30 p.m.
- Spring Clean-Up, visit www.wind-sorheights.org for more info.

Saturday, May 17

- Iowa Cubs vs. Round Rock at home, 7:05 p.m.
- V Girls Tennis Regionals
- V Boys Tennis Substate Tournament
- WHAMM - Windsor Heights Annual Mini-Marathon, \$20-\$35, register at getmeregistered.com, 8 a.m., ReMax, 66th and University



Sunday, May 18

- Iowa Cubs vs. Round Rock at home, 1:05 p.m.

Monday, May 19

- DMPs Senior Finals Week
- City Council Meeting, 6 p.m.
- Windsor Heights Chamber Luncheon, noon.
- RHS V Girls Tennis at Grinnell, 3 p.m.
- RHS 9 Girls Soccer vs. Valley, 4:45 p.m.
- RHS JV/V Girls Soccer vs. Ottumwa, 5:30/7 p.m.

- RHS JV/V Boys Soccer at Ottumwa, 5:30/7 p.m.
- VHS V Girls Golf at Urbandale, 2 p.m.
- VHS 9/JV/V Boys Soccer at Dowling, 3:45/4:15/6 p.m.
- VHS 9 Girls Soccer at DM Roosevelt, 4:45 p.m.



Tuesday, May 20

- DMPs Senior Finals Week
- RHS Orchestra Concert, 7 p.m.
- RHS V Girls Golf at Ottumwa, 9 a.m.
- VHS JV Girls Golf at SEP, 2 p.m.
- VHS 9/JV/V Girls Soccer at Marshalltown, 4:45/6/7:30 p.m.
- VHS 9/JV/V Boys Soccer vs. Marshalltown, 4:45/6/7:30 p.m.
- Crestview 5th Grade Band Concert, 6:30 p.m., Gym.
- Stilwell Spring Orchestra Concert, 7 p.m., Auditorium.

Wednesday, May 21

- DMPs Senior Finals Week
- Last day of school for WCC Seniors
- VHS National Honor Society, Induction/Seniors Honors Night 6:30/7 p.m., High School.

Thursday, May 22

- Last day of school for VHS Seniors
- DMPs Senior Finals Week
- Greater Des Moines Garden Club Meeting, visit Neil Smith National

- Wildlife Refuge in Prairie City, Biologist Karen Viste-Sparkman will present a program on pollinators, 1 p.m., Westminster Presbyterian Church.
- RHS V Girls Tennis at Ankeny Centennial, 9 a.m.
- RHS JV/V Girls Golf vs. Ottumwa, 3:30 p.m.
- RHS 9/JV/V Girls Golf at Dowling, 4/5:15 p.m.
- V State Track Meet
- V Girls Golf Regionals
- VHS V Girls Golf at Mason City, 10 a.m.
- VHS 9/JV Girls Soccer vs. Ankeny, 5:30/7 p.m.
- WCC Graduation, 7 p.m.

Friday, May 23

- Last day of school for Seniors-DMPS
- Iowa Cubs vs. Colorado Springs at home, 7:05 p.m.
- V State Track Meet
- VHS V Girls Soccer Tournament, 5:30 p.m.



Saturday, May 24

- Iowa Cubs vs. Colorado Springs at home, 7:05 p.m.
- V State Track Meet
- RHS Graduation, 7:30 p.m., Knapp Center.
- V Girls Tennis Regionals
- V Boys Tennis Substate Tournament
- VHS V Girls Soccer Tournament, 10 a.m.

Sunday, May 25

- Iowa Cubs vs. Colorado Springs at home, 1:05 p.m.
- Valley High School Graduation, 1 p.m.



Monday, May 26

- Memorial Day
- No School - DMPS
- No School - WDMPS
- Iowa Cubs vs. Colorado Springs at home, 12:05 p.m.
- VHS JV/V Softball vs. Pella, 6/7:30 p.m.

Tuesday, May 27

- Sustainable Living Spring Educational Series, topic: Make Your Own Rain Barrel featuring Darren Fife, 6 p.m., Community and Events Center.
- Sierra Club Walnut Creek Trail Hike, all ages, register at 778-3495, 6:30 p.m., B-Bops, 1105 73rd St
- RHS Musical Theatre Awards Program, 7 p.m., Des Moines Performing Arts Center.
- V Boys Soccer Substate Tournament
- V Girls State Tennis Tournament
- RHS V Girls Golf at Marshalltown, 10 a.m.
- RHS JV/V Softball vs. Norwalk, 4:15/5:45 p.m.
- RHS JV/V Baseball at ADM, 5:30/7:30 p.m.
- VHS V Girls Golf at Marshalltown, 10 a.m.

Wednesday, May 28

- Planning and Zoning Meeting, 4:30 p.m., City Hall.
- Do Business Windsor Heights, 7:30 a.m.
- RHS 9/10 Baseball vs. Dowling, 3:30/5:30 p.m.
- RHS V Baseball at Dowling, 5 p.m.
- V Boys Soccer Substate Tournament
- V Girls State Tennis Tournament
- VHS JV/V Softball at Mason City, 4:15/6 p.m.
- VHS 10 Baseball vs. DM Lincoln, 5 p.m.
- VHS 9 Softball vs. Mason City, 5 p.m.



Thursday, May 29

- RHS JV/V Softball vs. Van Meter, 4:15/5:45 p.m.
- V Boys Soccer Substate Tournament
- VHS 10 Baseball at Indianola, 7 p.m.
- VSW Fine Arts Festival, 7 p.m.

Friday, May 30

- Last Day of School- WDMPS
- RHS JV/V Baseball vs. SEP, 3:30/5:30 p.m.
- RHS 9/10 Baseball at SEP, 5/7 p.m.
- V Boys State Tennis Tournament
- VHS 9/JV/V Girls Soccer vs. Urbandale, 4:45/6/7:30 p.m.

Saturday, May 31

- Drive Away Hunger Cool Car

Show, live music, food, and old cars and more, proceeds go to the Food Bank of Iowa, 9 a.m. - 3 p.m., Cornerstone Community Credit Union, 414 61st St

- V Boys State Tennis Tournament
- V Boys Soccer Substate Tournament
- VHS V Softball at Ankeny Centennial, TBD.
- VHS V Baseball at Cedar Rapids Washington, noon.

Monday, June 2

- Last day of school for Elem/ Middle School - DMPS
- City Council Meeting, 6 p.m.
- V Girls State Golf Tournament
- RHS V Baseball vs. Waukee, 3:30 p.m.
- RHS 10 Baseball at Waukee, 5 p.m.
- VHS 9 Softball vs. Waukee, 4:30 p.m.

Tuesday, June 3

- Last day of school for High School - DMPS
- V Girls State Golf Tournament
- V Boys State Tennis Tournament
- V Girls Soccer Regionals
- RHS 9/10 Baseball vs. DM Hoover, 3:30/5:30 p.m.
- RHS JV/V Softball at DM Hoover, 5/6 p.m.
- RHS V Baseball at DM Hoover, 5 p.m.
- VHS V Baseball at Ankeny Centennial, 5 p.m.
- VHS 10 Baseball vs. Ankeny Centennial, 5 p.m.
- VHS JV/V Softball vs. Waukee, 6/7:30 p.m.

Wednesday, June 4

- V Girls Soccer Regionals
- RHS V Baseball vs. Fort Dodge, 3:30 p.m.
- VHS 9 Softball vs. Ankeny Centennial, 1 p.m.
- VHS 9/10 Baseball at DM Hoover, 2/6 p.m.

- VHS V Baseball vs. DM Hoover, 5 p.m.

Thursday, June 5

- Iowa Cubs vs. Colorado Springs at home, 7:05 p.m.
- V Boys State Soccer Tournament
- V Girls State Tennis Tournament
- RHS 9 Baseball at Waukee, 11:30 a.m.
- RHS V Softball vs. Ottumwa, 4:15 p.m.
- VHS 8 Softball at Ankeny Centennial, 9 a.m.
- VHS 9 Baseball vs. DM Lincoln, 11:30 a.m.
- VHS JV Baseball vs. Waukee, 5 p.m.



Friday, June 6

- Iowa Cubs vs. Colorado Springs at home, 7:05 p.m.
- V Boys State Soccer Tournament
- V Girls State Tennis Tournament
- RHS V Softball at North Polk, TBD.
- VHS 8 Softball vs. DM East, 9 a.m.
- VHS 9 Softball at DM East, 1 p.m.
- V Girls Soccer Regionals

Saturday, June 7

- Iowa Cubs vs. Colorado Springs at home, 7:05 p.m.
- V Boys State Soccer Tournament
- V Girls State Tennis Tournament
- RHS V Softball at North Polk, TBD.
- VHS V Softball Tournament, TBD.

Sunday, June 8

- Iowa Cubs vs. Colorado Springs at home, 1:05 p.m.

Monday, June 9

- V Girls Soccer Regionals
- RHS 9/10 Baseball at Indianola, 11:30 a.m./5 p.m.
- RHS 9/JV/V Softball vs. Indianola, 11:30 a.m./2:30/4:15 p.m.
- RHS V Baseball vs. Indianola, 3:30 p.m.
- WDMPS Board Meeting
- VHS 8 Softball at Ankeny, 9 a.m.
- VHS 9/JV/V Softball at Dowling, 1/4:15/6:15 p.m.
- VHS 9/10 Baseball vs. Dowling, 11:30 a.m./5 p.m.
- VHS V Baseball at Dowling, 5 p.m.

Tuesday, June 10

- Music in the Park, Ralph Zarnow Orchestra (big band sound), free admission, 7 p.m., Colby Park.
- V State Tennis Tournament
- RHS 9/10 Baseball vs. DM East, 10:30 a.m./3:30 p.m.
- RHS 9/JV/V Softball at DM East, 1/4:15/6 p.m.
- RHS V Baseball at DM East, 3:30 p.m.
- VHS 8 Softball vs. SEP, 9 a.m.
- VHS JV Baseball vs. Dowling, 11:30 a.m.
- VHS 9/JV/V Softball at Urbandale, 1/4:15/6 p.m.
- VHS 10 Baseball at Waukee, 5 p.m.

Wednesday, June 11

- RHS 9/JV/V Softball at DM Lincoln, 1/4:15/6 p.m.
- VHS 9 Baseball at Waukee, 11:30 a.m.
- VHS 9/JV/V Softball vs. Ankeny, 1/4:15/6 p.m.
- VHS V Baseball Game, 3 p.m.

Thursday, June 12

- V Girls State Soccer Tournament
- RHS 9/10 Baseball vs. Mason City, 10:30 a.m./3:30 p.m.
- RHS V Baseball at Mason City, 5 p.m.
- VHS 8 Softball at Norwalk, 9 a.m.
- VHS 9/10 Baseball vs. Ottumwa, 11:30 a.m./5 p.m.
- VHS V Baseball at Ottumwa, 5 p.m.



Friday, June 13

- V Girls State Soccer Tournament
- RHS V Softball at Urbandale, TBD.
- VHS V Softball at Davenport West, TBD.
- VHS 9 Baseball at Waukee, 10 a.m.

Saturday, June 14

- Flag Day
- RHS 9/JV Baseball vs. Council Bluffs St. Albert, 12/2 p.m.
- V Girls State Soccer Tournament
- ACT Test Date
- VHS V Softball at Davenport West, TBD.

Sunday, June 15

- Father's Day

Monday, June 16

- City Council Meeting, 6 p.m.
- RHS JV/V Softball vs. DM North, 1/4:15 p.m.
- RHS 9/10 Baseball at DM North, 3:30/5:30 p.m.
- RHS V Baseball vs. DM North, 3:30 p.m.

Tuesday, June 17

- Iowa Cubs vs. El Paso at home, 7:05 p.m.
- Music in the Park, ft. Party Gras Classic Jazz Band, free admission, 7 p.m., Colby Park.
- RHS 9 Softball at Urbandale, 1 p.m.

Wednesday, June 18

- Iowa Cubs vs. El Paso at home, 7:05 p.m.
- RHS 9/10 Baseball at DM Lincoln, 10:30 a.m./3:30 p.m.
- RHS 9/JV/V Softball vs. DM Lincoln, 11:30 a.m./2:30/4:15 p.m.
- RHS V Baseball vs. DM Lincoln, 3:30 p.m.

Thursday, June 19

- Iowa Cubs vs. El Paso at home, 7:05 p.m.
- WHYPro Social, 5:30 p.m.
- RHS 9/10 Baseball vs. Marshalltown, 10:30 a.m./3:30 p.m.
- RHS JV/V Softball at DM North, 2:30/6 p.m.
- RHS V Baseball at Marshalltown, 5 p.m.

Friday, June 20

- Iowa Cubs vs. El Paso at home, 7:05 p.m.



Photo by David Mable

The shoes in Brook Wade's garage have seen a lot of miles.

Shoes are made for walkin'

Wade takes to the streets to help others

By David Mable

The shoes in the Windsor Heights garage of Brook Wade will be taking her 5 kilometers in the 32nd Windsor Heights Annual Mini Marathon, or WHAMM, on May 17.

Wade, having grown up in Windsor Heights, remembers doing an early WHAMM while in elementary school. Now, living and working in Windsor Heights, she is a participant in the annual event.

"I either walk the 5K or work on the course," Wade says. "I work at Bankers Trust and am in the Chamber, so I do whatever needs to be done for the event."

Wade walks regularly on Saturdays, so the 5 kilometer walk through the residential neighborhoods in her home town is a natural fit.

"I do a few events a year, like this," she says. "I like to walk and support a good cause."

Most recently she participated in the Sparkle Run in Ankeny, helping raise money to build a playground at Blank Children's Hospital in memory of Erin Moomey.

The Windsor Heights Mini

Marathon event supports the local Muscular Dystrophy Association chapter. The MDS supports those who have been affected by neuromuscular diseases such as ALS, or Lou Gehrig's Disease.

As an active member of the Windsor Heights Chamber, Wade steps in where she can to support the run.

"Windsor Heights is a great community," says Wade. "We try to support this run in any way we can, to give it some publicity. This year, every participant gets a ticket to the Fire Department Pancake Breakfast, which is right after the race."

Having grown up in Windsor Heights, Wade is very familiar with the course.

"It's kind of hilly," she says. "It doesn't go past our house, but I sure do know all the streets it does follow. Windsor Heights is not flat."

Whether volunteering, running or walking, look for Wade completing a lap of the Saturday morning run in her shoes, which she keeps on the steps in her garage. ■

Contact Darren Tromblay at 953-4822 ext. 304 or darren@dmcityview.com to recommend someone for an upcoming issue of What's In Your Garage?



View events and happenings from this community and others at www.iowalivingmagazines.com

CALL FOR DELIVERY!

STOP! BURGER-TIME!

NO GRILL REQUIRED



★ BIG BURGER FEAST ★

- MEDIUM BURGER PIZZA

Choose From: All American Cheeseburger, Swiss Mushroom Burger, Bacon Cheeseburger or BBQ Bacon Cheeseburger.

- MEDIUM 1-TOPPING PIZZA

- STRAWBERRY LEMONADE STREUSEL

\$24.99

LIMITED TIME OFFER

Urbandale - 8801 Hickman Rd. - 515278-8100
Des Moines - 4119 University Ave. - 515-277-6344
West Des Moines - 5919 Ashworth Rd. - 515-226-8880

 **Godfather's Pizza**

For more coupons and offers visit us at www.godfathers.com

LARGE FOR MEDIUM CHARGE

Get a Large Pizza of your choice for the price of a medium.



Present coupon when ordering. Valid at participating locations. Not valid with any other offers or coupons. Delivery extra. Minimum delivery order is \$15. Limited delivery times and areas. Sales tax not included. Expires 7/20/14. **WH**

YOUR CHOICE

\$4 OFF JUMBO
\$3 OFF LARGE
\$2 OFF MEDIUM
\$1 OFF SMALL



Present coupon when ordering. Valid at participating locations. Not valid with any other offers or coupons. Delivery extra. Minimum delivery order is \$15. Limited delivery times and areas. Sales tax not included. Expires 7/20/14. **WH**

FREE PIZZA

Buy a Large Specialty Pizza at Regular Price and Get a Medium 1-Topping for **FREE!**



Present coupon when ordering. Valid at participating locations. Not valid with any other offers or coupons. Delivery extra. Minimum delivery order is \$15. Limited delivery times and areas. Sales tax not included. Expires 7/20/14. **WH**

★ Two Hot Slices ★

Pepperoni or Sausage
\$2.99

Manager's Special \$1.20 extra
Limit four slices per coupon.
Valid Mon. - Fri. • 11AM - 1PM



Present coupon when ordering. Valid at participating locations. Not valid with any other offers or coupons. Delivery extra. Minimum delivery order is \$15. Limited delivery times and areas. Sales tax not included. Expires 7/20/14. **WH**

LARGE 1-TOPPING PIZZA

PLUS
CHEESESTICKS
\$15.99



Present coupon when ordering. Valid at participating locations. Not valid with any other offers or coupons. Delivery extra. Minimum delivery order is \$15. Limited delivery times and areas. Sales tax not included. Expires 7/20/14. **WH**

MEDIUM 1-TOPPING PIZZA

PLUS
CHEESESTICKS
\$15.99



Present coupon when ordering. Valid at participating locations. Not valid with any other offers or coupons. Delivery extra. Minimum delivery order is \$15. Limited delivery times and areas. Sales tax not included. Expires 7/20/14. **WH**

Windsor Heights Music in the Park schedule

The 2014 Windsor Heights Music in the Park schedule has been set. Sponsored by the Windsor Heights Foundation, the 10 concert series in Colby Park begins Tuesday, June 10. The Ralph Zarnow Orchestra, directed by Dan Hartzler, will open the series.

All concerts are held on Tuesday nights, starting at 7 p.m. The schedule:

June 10: Ralph Zarnow Orchestra (big band sound)

June 17: Party Gras Classic Jazz Band

June 24: Sacred Heart Sax and Brass

July 1: Java Jews

July 8: Hold On

July 15: Free Style

July 22: Urbandale Community Adult Band

July 29: Lily Detaeye, folk singer

Aug. 5: Greater Des Moines Community Band (includes Night Out Against Crime activities)

Aug. 12: Hot Club

All of the concerts are free and will include free beverages provided by Bankers Trust, free snow cones by the Windsor Heights Lions Club and free popcorn by the Windsor Heights Foundation. There will be door prizes as well. Dan Hartzler will again provide a "reprise" of the Ralph Zarnow Orchestra big band sound, using music played by that renowned group. Music in the Park is being underwritten by donors to the Windsor Heights Foundation annual fund, the Windsor Heights Lions Club, and grants from Prairie Meadows Community Betterment, Polk County Community Betterment, BRAVO and the Iowa Foundation for Education, Environment and the Arts, with in-kind support from the City of Windsor Heights. ■

Providing Insurance and Financial Services

Matt Cale
Agent



Like a good neighbor, State Farm is there.®
6733 University Ave. • Windsor Heights
280-9000 • www.mattcale.com

Transferring insurance

What you need to know when you move

By Matt Cale, State Farm agent

We all know how stressful moving can be: There's a massive list of tasks to perform. It's no surprise that making new insurance arrangements might not jump out as your first priority.

But do yourself a favor: Don't wait. The process isn't as tough as it seems. Below are a few key questions to investigate about moving and insurance. They don't cover everything, but they should get you going in the right direction.

- **Have you talked to your agent?** If you're happy with your insurance company, give your agent a call. Your agent should be able to tell you whether you'll need to find a new agent and how to transfer your policies to your new address.

- **What about new insurance or transferring insurance?** Talking with an agent is the best way to find out what you'll need to do to get new insurance or transfer your insurance to your new address. Your agent will also help you understand insurance requirements in your new location.

If you're moving between states, keep in mind that insurance coverage varies across states. For example, in California, due to the high frequency of earthquakes, you need to take special precautions to make sure your home is safe and secure in case an earthquake occurs. That's not the case in Indiana. Different states also have different auto insurance laws, and if you're moving to a new state, you'll need a new auto insurance policy — plain and simple.



Most state laws require you to have homeowner's insurance before you even buy a home.

- **Are your possessions covered while you're moving?** Depending on how you've chosen to move — hired movers, rental truck, a portable container or DIY in the back of your old Honda — your property may or may not be covered between the time it leaves your home and arrives at its final destination. Some homeowner policies will cover your property everywhere, regardless of whether it's in your home or in a moving truck. Other policies won't cover anything once it's out your door. So double-check your policy or call your agent.

If your own insurance policy won't cover your property, you can get coverage through your moving company. By federal law, moving companies have to offer supplemental insurance for your property that will cover a set percentage of replacement costs, but you'll need to increase that amount to get full coverage. ■

Information provided by Matt Cale, State Farm Insurance, 6733 University Ave., Windsor Heights, 280-9000.

Why not buy the BEST for LESS?

#1 in Safety
Insurance Institute for Highway Safety

#1 in Fuel Economy
Toyota Motor Sales/Environment Protection Agency

#1 in Reliability
J.D. Power and Associates

#1 in Resale Value
Kelly Blue Book

#1 Selection of Toyotas in Iowa
Insurance Institute for Highway Safety

Powerful Prices!

*I must go to
Toyota of Des Moines
to save \$\$\$!*



COME SEE THE NEW TOYOTA OF DES MOINES:

- More than 800 vehicles, new and used
- Locally owned and operated
- State of the art showroom
- Expanded service department
- Same day service

**QUICK LUBE & FILTER
NO APPOINTMENT NECESSARY.**



TOYOTA
OF DES MOINES



HOURS

Sales

M-Th 8am-8pm
Fri-Sat 8am-6pm

Service

M-Th 7:30am-7pm
Fri 7:30am-6pm
Sat 8am-4:30pm

Parts

M-Th 7:30am-7pm
Fri 7:30am-6pm
Sat 8am-4:30pm

PHONE

(515) 276-4911

(515) 276-4912

(515) 276-4913

1650 SE 37th St., Grimes • Just off the I-35/80 Hwy 141 Exit • www.toyotadm.com

charles gabus ford

IOWA'S #1
FORD DEALER

HOME OF THE OIL
CHANGE FOR LIFE!

2014 FUSION AND ESCAPE HEADQUARTERS

2014 FORD FUSION

2014 FORD ESCAPE



**187
AVAILABLE!**



**164
AVAILABLE!**



350 F-SERIES IN-STOCK



ALL SALE PRICED!



**MAKE
YOUR BEST
DEAL!**

**Bring in this ad and
we'll give you a check for**

\$250.00!

Good on any new or used vehicle.



NO GAMES. NO GIMMICKS. CLEAR CUT PRICING.

www.gabusford.com

charles gabus ford

#1 Ranking in Ford total car & truck new retail sales based on 2013 KC Region per Ford Reports. Vehicles pictured for illustration purpose only. Oil changes for life on new vehicle purchases excludes diesels, fleet and municipal units. See dealer for more details. Some units require Ford Motor Credit Co. Financing. All prices plus tax, title & license with approved credit. Not valid on prior purchases. Residential restrictions apply. \$ off includes Factory discount, Factory and Ford Motor Credit Co. Rebates. Programs Expire 5/31/14.

des moines MITSUBISHI



2014 MIRAGE
DE



\$12,999

After Rebate

UP TO **44 MPG**

10-year
100,000-mile
warranty

2014
OUTLANDER
SPORT



\$19,845

After Rebate

UP TO **31 MPG**

4410 Merle Hay Rd. • Des Moines
515.270.8100 *Hablamos Español*
www.dsmmitsu.com



**Most vehicles under \$10,000
ALL LOCAL TRADE-INS**

from each of the Gabus Automotive Group Dealerships

**FORD • TOYOTA
KIA • MITSUBISHI**

4410 Merle Hay Rd. • Des Moines
800.873.2718 *Hablamos Español*
www.desmoinesmotors.com

BuyHerePayHereDM.com

WHERE GOOD CARS AND GOOD PEOPLE COME TOGETHER

We help you rebuild your credit
by reporting your payments to Credit Bureau

KIA

OF
DES MOINES



2013
**OPTIMA
HYBRID**
\$20,724

STK #13-1906

2014
OPTIMA



48
TO CHOOSE
FROM!



2014
SOUL

21
TO CHOOSE
FROM!

2014
SPORTAGE



32
TO CHOOSE
FROM!

INTRODUCING

MVP

MARKET VALUE PRICING

The most competitive prices
on all our new and pre-owned
vehicles, all the time!

*See Dealer for details

www.KIADM.com

515-270-0706

4475 Merle Hay Rd. • Des Moines

OPEN MON - THU 8AM - 8PM • FRI - SAT 8AM - 6PM



charles gabus ford

IOWA'S #1 FORD DEALER

4545 Merle Hay Rd.
Des Moines
515-270-0707

WWW.GABUSFORD.COM

OVER 300 CARS & TRUCKS TO CHOOSE FROM

2012-2014 **FORD FOCUS**
SE, SEL & TITANIUM
ALL CERTIFIED

CHOOSE FROM **14**



AS LOW AS **\$13,592**

2012 **FORD FUSION**

ALL CERTIFIED
ALL WITH LEATHER AND MOONROOF
#93-778

CHOOSE FROM **16**



AS LOW AS **\$16,998**

2012-2014 **FORD ESCAPE**
FWD, 4X4

CHOOSE FROM **15**



AS LOW AS **\$14,988**

CHOOSE FROM NEARLY 100 CERTIFIED FORDS

- All with 12 month/12,000 mile LTD Comprehensive warranty
- All with 7 year/100,000 mile power train warranty
- Road side assistance for 7 year/100,000 miles
- Rates as low as 1.9%

TOYOTA OF DES MOINES

BUYING PRE-OWNED? BUY TOYOTA!

LOCATED NORTH OF I-80/35 AND HWY. 141
515.276.4911
WWW.TOYOTADM.COM



THE BEST NEW CARS MAKE THE BEST USED CARS!

2009-2013 **COROLLA**



starting at **\$12,999**

9 IN STOCK!

2009-2013 **RAV4**



starting at **\$17,999**

13 IN STOCK!

2009-2013 **CAMRY**



starting at **\$14,499**

25 IN STOCK!

2009-2013 **PRIUS**



starting at **\$16,988**

6 IN STOCK!



- All with 12 month/12,000 mile LTD Comprehensive warranty
- 7 yr 100,000 mile power train warranty
- Complimentary roadside assistance
- 160 point quality assurance inspection
- Carfax history report
- Rates as low as 1.9%

* SEE DEALER FOR DETAILS

KIA

OF DES MOINES

4475 MERLE HAY RD.
DES MOINES • 515-270-0706
WWW.KIADM.COM

SPRING SAVINGS AT KIA!



2013 **FORTE**
AS LOW AS **\$10,490***



2013 **SOUL**
AS LOW AS **\$11,994***



2011-2014 **SORENTO**
AS LOW AS **\$16,500***

* SEE DEALER FOR DETAILS

Meet Rebekah Janke

First year teacher leads with faith

By Rainey Cook

Third grade is a high-energy, fun age to be surrounded by all day. The students are curious, yet already catching on to independent thinking. They are fun and full of questions. First year teacher at Mount Olive Lutheran Church and School Rebekah Janke, who leads with faith all year, finds it's amazing how fast one school year really flies.

The end-of-year excitement is already building as they are preparing for two major performances. Before they end their third grade year they will be performing in the musical "How Does Your Garden Grow." They also get to be part of the annual track meet in Boone. Here they will experience team and individual events, relays and the long jump, just to name a few events.

Throughout their entire third grade year, Janke has been targeting reading strategies. She urges her students to become good readers by first practicing, then visualizing as they read and finally, learning to make predictions.

Another big part of third grade is character. Janke hones in on creating a character that can be reflective, even outside of her classroom.

"We've been talking about responsibility all year," Janke says. "Knowing how to walk in the hallway without getting into trouble or taking care of your own homework are a few examples."

She feels third graders are up



Photos by Rainey Cook

Rebekah Janke teaches third grade at Mount Olive Lutheran Church and School.

for the challenge. They have higher level thinking skills that they want to put to use and can even start thinking outside the box. They have more life experiences, can relate to others and even to characters in books.

What Janke respects the most about Mount Olive is that the students get an education with a Christian world view. They focus on our Creator and how awesome He made our world. They talk about, as Christians, how they can show their beliefs to the world.

Newly-married Janke enjoys anything outdoors — camp fires, swimming or walking the dog. She loves to read and cook. She has also been known to play the violin for church-related activities.

She is originally from Mandan, North Dakota. She and her new husband live in Ames. ■



Photos by Rainey Cook



Keith Baker and Deborah Guthrie knew this house on 78th Street was the right one when they first saw it.

Quiet bliss

Couple enjoys peaceful neighborhood

By Rainey Cook

It was a heart-felt decision, one made with lots of driving around looking at houses in a particular area. One made with family in mind. A decision with such intent, that when the right home was first seen, it was clear it was the one.

Homeowners Deborah Guthrie and Keith Baker purchased their Windsor Heights home in 2010. They wanted to be near her parents. They wanted a quiet neighborhood. They wanted Windsor Heights. Their heart-felt decision brought them to 78th Street.

"I like this home because it's all one level," Baker says. "We plan to be here well into retirement."

There are many characteristics they both love about their home. The small gables on the roof are an interesting design feature. The house faces east. It's a large house, but not overly large. They love the cedar soffits on the front porch.

"You just don't see that anymore," Guthrie says.

There were many upgrades completed when they moved in. The kitchen and one of the bathrooms had already been remodeled. They didn't have to paint

one room. The single red wall in the dining room matched their furniture perfectly.

The couple entertains family for holidays. They host gatherings for their faith community. The can hold up to 35 people comfortably for larger parties. Their space is open and well decorated with books, lamps and comfortable seating.

The backyard was already landscaped when they moved in. The 50 yew shrubs that form a "U" around their backyard space were close to reaching the power lines. The couple decided to cut them down to four feet high, opening the backyard view up to neighbors and more space. Day lilies will be coming up soon, and they are waiting for the beauty of hydrangeas.

Another positive of 78th Street is the variety of neighbors they have. There are retired couples, young couples and families with babies.

The couple moved here from 56th Street south of Grand in Des Moines.

"I miss the view we had there of all the trees," Guthrie says. "But I grew up in a small town and Windsor Heights reminds me of that." ■

What do you like best about your teacher?



Sam Prunty: "She has a good singing voice."



Cecelia Fett: "That I can joke around with her."



Jack Larimer: "She's funny. She likes to make jokes for us to learn."



Abby Meyer: "That she has glasses like me."

Iowa


UPCOMING HOME GAMES

MAY
 15-18 Round Rock Express
 23-26 Colorado Springs Sky Sox

JUNE
 5-8 Colorado Springs Sky Sox
 17-20 El Paso Chihuahuas

SOMETHING FOR EVERYONE!

FIREWORKS EVERY FRIDAY NIGHT!
 Complete schedule online iowacubs.com

CALL 515.243.6111 OR IOWACUBS.COM TO ORDER TICKETS!



Announce your church
 ~ services & activities ~
 in the next issue of

Windsor Heights
Living
 magazine

Call Darren Tromblay at 953-4822

Preferred Everlast Installer

Natural Look of Wood with
 Extreme Low Maintenance!



Won't Absorb or Retain Moisture: Cannot Rot! Looks & Feels Like Rough Cedar

500% Thicker than Vinyl

Backed by Lifetime Warranty on performance, fade, hail, & workmanship

BURESH HOME SOLUTIONS
 515-274-2957 9379 Swanson Blvd.
 (800)-4-BURESH Clive, IA 50325

We want to earn your business!
www.IowaPatioCovers.com
www.BureshHomeSolutions.com
 FHA/100% Financing Available WAC

Following her dream

Coughenower finds second career as pastor

By Lalonie Bowen

It is so exciting to meet someone who has followed her dreams in life. Associate Pastor Robin Coughenower of Windsor Heights Lutheran Church is a person who knew what she wanted her life ambition and career to be, and that was to serve in ministry.

It wasn't her first career, but one she discovered later on. So she chose to follow her dreams of becoming a pastor and to leave her accounting and banking job behind to pursue her goal and dreams. She is so glad she did, as she loves her work in ministry as the associate pastor at Windsor Heights Lutheran Church.

Windsor Heights Lutheran Church is committed to nourishing spiritual practices that form Christian character and identity: prayer, scripture study, generosity and worship in community mutual support and encouragement. The church is committed to serving its neighbors locally and globally.

A quote from Martin Luther: "I have held many things in my hands and I have lost them all, but whatever I have placed in God's hands, that I still possess."

"The seminary experience gives you the tools for ministry, internship provides the practical experience," Pastor Robin says. "As a pastor, you walk alongside of people during the holy moments of their lives, such as weddings, funerals, times of stress or searching and also times of joy.

Her prayer is to be present with people in those sacred moments. God calls us to help those in need around us. A pastor can help by equipping the members of the congregation to do this ministry."

Pastor Robin graduated from the Lutheran School of Theology in Philadelphia, Pennsylvania. Her first call was to a two-point par-



Robin Coughenower is the associate pastor at Windsor Heights Lutheran Church.

ish in northeast Iowa, south of Dubuque. She was delighted to come to Windsor Heights in December of 2006. Her internship was served at Cross of Christ Lutheran Church in Babylon, New York. Her career as an accountant — mostly with manufacturing firms and banking — was just a last step before she began seminary.

"As a pastor you need to be a generalist, someone who has knowledge of a lot of different areas, and need to be pretty adaptable," Pastor Robin says.

We all want our ministers to be kind, caring and compassionate, and Windsor Heights Lutheran Church is blessed to have Pastor Robin be there to provide all those qualities to the members.

Sometimes maybe it's our second careers that are our true destiny and where our true calling is. It's a blessing to be able to follow our dreams, that make our lives complete. ■

Almost everyone would agree: Moving is a hassle

In addition to selling your current home and finding a new one, you may need to deal with a new school for the kids, a new doctor and a new dentist. You'll also need to consider the financial aspects of your move, specifically, your investments, insurance, taxes and even your estate plans.

Consider the following relocation checklist:

- **Open new bank accounts and set up automatic transfers.** If your move requires you to change banks, open your new accounts as soon as possible.

- **Decide what to do with your employer-sponsored retirement plan.** If you are leaving your job, you'll need to make some decisions about your 401(k) or other employer-sponsored retirement plan. You could decide to transfer the assets into an Individual Retirement Account (IRA). Your financial advisor can help you make the choice that's right for your situation.

- **Discuss your situation with a tax professional.** You may want to meet with your tax professional to consider the benefits or liabilities of any differences in tax laws between your new location and your old one.

Some of your goals, such as those related to housing and where you want to retire, may have changed as a result of your move. So it's a good idea to meet with your financial advisor to review your objectives.

If you followed a budget detailing your expenses and cash flow before your move, you may need to update it after you've settled in to your new home. If you haven't



set up a budget in the past, you've now got a good reason to establish one because a well-planned budget can help you avoid dipping into your long-term investments to pay for short-term needs.

- **Update your insurance coverage** by making sure your vehicles, stored possessions and new residence are covered during your move. If your health insurance is changing, be aware of what's covered under your new policy.

- **Review your estate plans.** If your move coincides with other important life events, such as marriage, divorce or remarriage, you may need to make some moves related to your estate plans, such as ensuring you have the correct beneficiary designations on any life insurance policies and your 401(k), IRA and other investment accounts. Check with your legal advisor to determine which steps make sense for your situation.

Moving may require you to adjust many aspects of your life. Reviewing the items on this checklist can help you get your financial house in order when you move into your new home. ■

Information provided by Matt Kneifl, financial advisor, Edward Jones, 1100 73rd St., Windsor Heights, 279-2219.

Feeling like you paid too much in taxes this year?

This year, evaluate whether you can benefit from:

1. Tax-advantaged investments. If appropriate, consider tax-free municipal bonds to provide federally tax-free income.*
2. Tax-advantaged retirement accounts. Consider contributing to a traditional Individual Retirement Account (IRA) or 401(k) to help lower your taxable income.
3. Tax-advantaged college savings accounts. Contribute or gift to a college savings plan for your children or grandchildren.

*May be subject to state and local taxes and the alternative minimum tax (AMT).

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult with a qualified tax specialist or legal advisor for professional advice on your situation.

Call or visit today to learn more about these investing strategies.



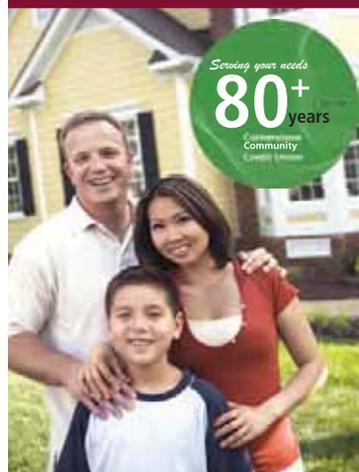
Matt Kneifl, CFP®, AAMS®
Financial Advisor

www.edwardjones.com Member SIPC

1100 73rd Street
Windsor Heights, IA 50324
515-279-2219

Edward Jones
MAKING SENSE OF INVESTING

Your DREAM home...



at rates you have always DREAMED of!

Make your DREAM a reality with interest rates at near record lows!

Low and no down payment available.

* All loans are subject to underwriter approval; terms and conditions may apply. Subject to change without notice.

Cornerstone Community Credit Union

414 - 61st Street ■ Des Moines

515.274.2343 www.cornerstonecreditunion.com

The Original.
The One.
The Only.



Saturday, July 19

GET YOUR TICKETS
BEFORE THEY SELL OUT!
www.dmcityview.com/brewfest



recipe

Submit ideas to darren@dmcityview.com



Esau's lentils

Meatless dish connected to Bible story

By Kris Ellis Tracy

This is an unusual recipe that is perfect for Meatless Mondays. It came to me in the form of a legend, grown up around the Bible story of Esau and his twin brother, Jacob. As it is told, Esau was a hunter and a “wild” man. Jacob was quiet and stayed among the tents. One day Esau had been out hunting and returned very hungry. He came upon Jacob, who was cooking some stew. Esau declared that he was famished and about to die of hunger and asked for some stew. Jacob asked what Esau would give him for it and suggested that he give his birthright as the first son. Esau declared that his birthright meant nothing to him since he was about to die of hunger. So Jacob made the bargain with Esau for a bowl of lentil stew.

If you want to read the whole story of Jacob and Esau, you can find it in Genesis, Chapter 25. Now, I don't know if this is the exact lentil stew of the story, but it sure makes a good way to remember, doesn't it? What I know for sure is that this stew is very tasty, inexpensive to make and quick. All of that was reason enough for me to try it. ■

Esau's lentils

Ingredients:

2 ½ cups water
1 teaspoon salt
½ cup rice
½ cup green lentils
3 medium onions
2-3 Tablespoons olive oil
Salt and pepper to taste

Directions:

1. Put the water, salt, rice and lentils in a 2-quart pot, and bring to a boil. Turn the heat down to a simmer and cook for 15 minutes or until most of

the water has been absorbed and the lentils are tender.

2. In a skillet, pour the olive oil. Slice the onions and fry them until golden brown. Season them with the salt.

3. Pour the lentil stew into a casserole or serving dish and top with the fried onions. Enjoy!

For a spicier stew, try adding ½ teaspoon of cumin, ½ teaspoon of turmeric and a few dashes of hot sauce.

NOTE: don't use Minute Rice for this recipe.



Terrie Hoefer presenting at the Cowles Environmental Day in Windsor Heights on April 18.



Mila Wiborg, Sophia Wagler, Chloe White and Sailor Schervish at the Cowles Environmental Day in Windsor Heights on April 18.



Nolan McGee, Reed Siever and Ilsa Ward at the Cowles Environmental Day in Windsor Heights on April 18.



Katherine King and Sophia Hoover at the Cowles Environmental Day in Windsor Heights on April 18.



Julia Moody and Olivia Speers at the Cowles Environmental Day in Windsor Heights on April 18.



Annie Philips, Lukas Jordison, Joseph Hrubetz and Joshua King at the Cowles Environmental Day in Windsor Heights on April 18.



David Ginn and Dawson Gifford at the Cowles Environmental Day in Windsor Heights on April 18.



Mona Thompson and Stella Holderness at the Cowles Environmental Day in Windsor Heights on April 18.



Matt McGee, Levon Stanfield and Joe Chaney at the Cowles Environmental Day in Windsor Heights on April 18.



Raylee Melton and Dejah Perkey at the Windsor Heights Chamber Luncheon at Angelo's on April 21.



Chris and Denise Boring at the Windsor Heights Chamber Luncheon at Angelo's on April 21.



Diana Willits and Flo Hunter at the Windsor Heights Chamber Luncheon at Angelo's on April 21.

See more photos online at www.iowalivingmagazines.com

EXPERIENCED ATTORNEYS

SINCE 1987



Top Row:

Joe Wallace, Chris Low, Mark Abendroth, Ross Barnett

Bottom Row:

Laurie Heron, David Russell, Madina L. Nguyen

We proudly welcome

Laurie Heron & Madina L. Nguyen

- Wills and Trusts
- Estate Planning
- Probate
- Powers of Attorney
- Real Estate Transactions
- Small Business Representation



**ABENDROTH
AND RUSSELL
LAW FIRM**

2560 - 73rd Street ▶ Urbandale

515.278.0623

www.ARPCLaw.com



legal briefs

By Ross Barnett

Loss of a spouse

Survivor must make important decisions

By Ross Barnett, attorney, Abendroth and Russell Law Firm

The death of a spouse can be one of life's most stressful events. In addition to coping with the loss of a loved one, the survivor must make important decisions. The surviving spouse may have to take on new responsibilities, such as managing household finances or returning to work. The loss of a spouse has a wide-ranging impact on the survivor, both emotionally and legally. A handful of legal issues should be addressed when a spouse passes away.

A surviving spouse's first task is to locate the will. The will names an executor to handle the administrative responsibilities of settling the estate, such as paying final bills, disbursing assets and filing final income tax and estate tax returns. The executor may be the surviving spouse or someone else. If there is no will, the probate court can appoint someone to administer the estate. It is essential to hire an experienced attorney to assist with the probate process.

Even if the decedent and a surviving spouse owned most or all property jointly, legal actions are required to finalize the estate. For example, Iowa law requires that an original last will and testament be filed with the clerk of court, even if there will be no probate of the estate. Title to jointly-owned real estate must be transferred to the survivor. This can be done only through a document filed with the local county recorder. Assets such as investment accounts and life insurance should be transferred to the named beneficiary.

The will isn't the only document required to settle an estate.



Financial documents and information to file claims for insurance and other benefits are also needed, including:

- Death certificate.
- Trust information.
- Abstract of title to real estate.
- Original stock certificates.
- Information on bonds.
- Financial account statements (bank accounts, investments, retirement accounts).
- Insurance policies.
- Vehicle registration and insurance information.
- Appraisals of any tangible personal property that has significant value, such as antiques, artwork or collections.

A surviving spouse should then review his or her own estate plan. The passing of a spouse is a good time to update a last will and testament and to ensure that advance directives (powers of attorney and a living will) are in place. A widow or widower can also assess the remaining assets to plan for strategic gifting or the possibility of needing long-term care. ■

Information provided by Ross Barnett, attorney for Abendroth and Russell Law Firm, 2560 73rd St., Urbandale, 278-0623, www.ARPCLaw.com.



Amber Cahill and Marcy O'Brien at the ribbon cutting for O'Brien Law in Windsor Heights on April 11.



A ribbon cutting ceremony was held at O'Brien Law in Windsor Heights on April 11.



Kathy Mills and Marilyn O'Brien at the ribbon cutting for O'Brien Law in Windsor Heights on April 11.



Julie Clarken and Jenice Whisenand at the ribbon cutting for O'Brien Law in Windsor Heights on April 11.



John Irving at the ribbon cutting for O'Brien Law in Windsor Heights on April 11.



Josie Talley at the Franklin Library Artsy Kids in Beaverdale on April 16.



Kathryn Fitzpatrick, Jordan Bohn-Wright and Grace Gray at the Franklin Library Artsy Kids in Beaverdale on April 16.



Thea Steinbach at the Franklin Library Artsy Kids in Beaverdale on April 16.



Cheye Johnson at the Franklin Library Crafty Readers in Beaverdale on April 15.



Peyton and Adrienne Weeks at the Franklin Library Crafty Readers in Beaverdale on April 15.



Keegan Wood at the Franklin Library Crafty Readers in Beaverdale on April 15.

See more photos online at www.iowalivingmagazines.com

Importance of health family relationships

By Clint Rogers

The greatest gifts parents give children is nurturing and caring for them as they grow into adults. In doing so, parents teach children to establish healthy relationships within the family unit and beyond, helping children grow into happy, well-adjusted and successful adults. As life comes full circle, children often have the opportunity to return this gift by caring for their parents as they reach their senior years.

Caregiving for a family member can be pleasing and challenging. It presents a unique set of circumstances that both the senior and the caregiver must learn to embrace. The senior who needs care often feels displaced, perhaps inadequate and even resentful that they need care. The family caregiver feels happiness in being able to help as

well as sadness in watching a parent's health decline. Family caregivers often feel taken for granted, unappreciated and exhausted with accompanying guilt for feeling that way.

Maintaining healthy family relationships is critical during this time. For the senior, having other family members visit breaks the monotony of what might otherwise be a mundane day. Whether visits last a short period of time or perhaps an entire afternoon, time spent together can mean the world to a senior. These occasions give the senior something to look forward to, which helps increase the senior's sense of purpose and decreases feelings of isolation. Family members who live far away can also contribute by writing letters, sending pictures and by calling

the senior often. These times offer the family member(s) and senior a chance to strengthen their own relationship, love and respect for one another.

The dynamics of any family are sometimes complicated. Some family members may be negative or abrasive, which can be more harmful than good for the senior and caregiver alike. In trying to build healthy relationships, plan short visits and events that these personalities may find fun and meaningful. Viewing old photographs or playing a simple game of cards might generate happy moods and good memories for all.

A strong family unit and support system is essential when caring for a senior loved one. The senior and family caregiver both benefit from these relationships. However,

family caregivers also need breaks in order to take care of aspects of their own lives or simply a mental rest. Help from family members contributes to their wellbeing, too.

If family help is unavailable, the caregiver should seek outside help. In-home health care providers such as Comfort Keepers® provide respite care for the family caregiver and supplementary social interaction with the senior. These breaks from each other offer both the senior and family caregiver a chance to rejuvenate and appreciate the role each plays in the other's life; this facilitates a continued healthy relationship. ■

Information provided by Clint Rogers, Comfort Keepers, 1300 Metro East Drive, Suite 128, Pleasant Hill, 515-243-0011.

IN-HOME CARE

In-Home Care For A Loved One

Comfort Keepers® provides in-home care services that help seniors and others live safe, happy and independent lives in the comfort of their own homes.

- Companion Care • Personal Care
- Light Housekeeping • In-Home Safety Solutions



**Comfort
Keepers®**

(515) 243-0011

**1300 Metro East Dr., Suite 128
Pleasant Hill, IA 50327**

Most offices independently owned and operated. • ©2013 CK Franchising, Inc.

COMFORTKEEPERS.COM

Women of Windsor Heights

By Deb Bengtson, executive director, Windsor Heights Chamber

Mayor Diana Willits, Chamber Executive Director Deb Bengtson, and Chamber President Betty Ridout share their thoughts on Windsor Heights — “The City in the Heart of It All”

Your background and involvement in the community

Betty: I am fortunate to work for an organization that believes in and values community involvement which allows me the flexibility of giving back and volunteering for what I believe in. You can pretty much find me at most Chamber or city events, whether it be a spaghetti dinner fundraiser or a Legislative reception.

Diana: I have been active in the community for over 30 years. I enjoyed launching the city’s Special Events Committee, our local Chamber as well as serving on various boards and the City Council before being elected to serve as mayor.

Deb: I have shopped and played in Windsor Heights for years, and I’m looking forward to all of the future opportunities to promote supporting our local businesses and volunteering within this community.

View of the future of Windsor Heights

Diana: Windsor Heights will have a redeveloped Hickman with new

commercial and residential housing. On University, we would have a walkable village with eclectic shops and restaurants, a wireless community with buried power lines and beautifully landscape streets that are bike and walker friendly. The economic development will provide the resources necessary to create recreational programs and ensure we have friendly, safe neighborhoods with beautiful homes.

Betty: I envision the future of this city to continue to look for unique products and services that will promote commercial and residential growth without hindering our small town feel. We have strong leaders in key positions, all of whom have a desire to promote businesses, retain and create jobs, attract new families and invest in our future without compromising our community. An example is a special loan program specifically designated to promote business development on Hickman Road within Windsor Heights. Programs like this are needed for intercity growth.

Deb: I see a strong community where businesses are thriving and residents have great pride in where they live. As the demographics of Windsor Heights change, my hope is that we will look at events to cater to each age group, ensuring we continue to attract families of all ages to our city. ■



Betty Ridout



Deb Bengtson



Diana Willits

Drive Away Hunger Cool Car Show

Cornerstone Community Credit Union, along with The Iowa Street Rod Association, is hosting an “any make, any model, any year, cool car show on May 31 at Cornerstone Community Credit Union, 414 61st St., Des Moines, to benefit the Food Bank of Iowa.

Register your vehicle for \$15 by May 17. Registration is \$20 after that date. All registrants must provide one non-perishable food item on the day of the show. Register by calling Cari Wilson at 515-274-2343 or 800-273-3488 or by email at cwilson@cornerstonecreditunion.com.

Proceeds of the event will go to the Food Bank of Iowa, which needs the community’s help and support as it battles hunger here, helping our families, friends and neighbors. In an effort to aid more children, families and seniors struggling with food insecurity, the Food Bank of Iowa has increased deliveries and its Mobile Pantry Program throughout its 55-county service area. The Food Bank of Iowa maintains a 53,000-square-foot distribution center in Des Moines containing more than 45,000 square feet of dry storage, 48,000 cubic feet of freezer space and substantial cooler space. Out of this facility, it serves 285 partner agencies. An additional 13 counties are served through its redistribution organization, the Food Bank of Southern Iowa.

Donated products are received from all sectors of the food industry, including growers, packers, processors, manufacturers, wholesalers; brokers and retailers. Food Bank of Iowa also receives commodities from the United States Department of Agriculture (USDA). ■



WHYPRO

WINDSOR HEIGHTS YOUNG PROFESSIONALS

Monthly Business Meetings

Get to know your peers in the community for our monthly get-togethers.

Quarterly Networking Lunch

Network with your peers and join us for our quarterly lunches.

After Work Socials

Network with WHYPro members after work each month at 515 Brewing.

Volunteer

We are committed to giving back to the community. This year we are planning a run to support cancer research.

Athletics

Join us for many of our intramural activities. WHYPro members receive special pricing.



WINDSOR HEIGHTS CHAMBER OF COMMERCE

www.windsorheightschamber.com

Refine your leadership abilities • Enhance your personal skills
Develop business relationships • Build lasting friendships
Contribute to our community



Mary Yelick and Reagan Griffith at the Easter Egg Hunt at Colby Park on April 19.



Anna Knight and Jason Knight at the Easter Egg Hunt at Colby Park on April 19.



Mary Dawn and Paul Dawn at the Easter Egg Hunt at Colby Park on April 19.



Alisa Hinderaker at the Easter Egg Hunt at Colby Park on April 19.



Michael Harris at the Easter Egg Hunt at Colby Park on April 19.



Joy Henter, Ella Mapes and Jenny Henter at the Easter Egg Hunt at Colby Park on April 19.



Maddy Turpin and Zack Turpin at the Easter Egg Hunt at Colby Park on April 19.



Charlie Timm at the Easter Egg Hunt at Colby Park on April 19.



Liberty Cawthorn, Payton Ballard and Ashley Smith at the Easter Egg Hunt at Colby Park on April 19.



Gabiella Huftaker and Audriana Huftaker at the Easter Egg Hunt at Colby Park on April 19.



Violet Schaum at the Easter Egg Hunt at Colby Park on April 19.



Maverick Overton and Jahj Willimans at the Easter Egg Hunt at Colby Park on April 19.

See more photos online at www.iowalivingmagazines.com



Myles Overton and Jessica Overton at the Easter Egg Hunt at Colby Park on April 19.



Jayla James and Deja James at the Easter Egg Hunt at Colby Park on April 19.



Colton Cogley and Masey Miller at the Easter Egg Hunt at Colby Park on April 19.



Jamie Henderson and Betty Ridout at the Do Business Windsor Heights at Carlson Chiropractic on April 23.



Dottie Elings and Leng Vong-Reiff at the Do Business Windsor Heights at Carlson Chiropractic on April 23.



Matt Reiff and Jeff Fiegenschuh at the Do Business Windsor Heights at Carlson Chiropractic on April 23.



Allison Carlson and Deb Bengtson at the Do Business Windsor Heights at Carlson Chiropractic on April 23.



Mason Tran, Seren Castellano and Ethan Duong with their new trees at St. Theresa's on April 23.



Kate Rogers, Alex Roberson and Josie Talley with their new trees at St. Theresa's on April 23.



Wayne Kautzky giving tips on how to plant a tree to the fourth grade class at St. Theresa's on April 23.



Jim Talley, left; Wayne Kautzky, right; and Mrs. Hingtgen's fourth grade class with their new trees at St. Theresa's on April 23.

See more photos online at www.iowalivingmagazines.com

NOW ACCEPTING APPLICATIONS for a Maintenance Technician at Kerry Ingredients & Flavours. To perform work involving the skills of two or more maintenance or craft occupations to keep machines, mechanical equipment, or the structure of the establishment in repair. Prior experience and skills in welding, pipe fitting, electrical systems, boilers, ammonia refrigeration, and general maintenance duties are desired. Experience in the food industry and knowledge of Good Manufacturing Practices (GMP's) are a plus. Two year degree in related fields is preferred or ten years of experience in related fields. Starting pay: \$16-\$20/hour depending on experience, shift differential opportunity. Full benefit package including: Health/Dental/Vision & Life Insurance, 401K, Paid Vacation, Paid Holidays & many more benefits. Kerry requires pre-employment background, physical and drug screen. Equal Opportunity Employer. Please apply at 341 South Jefferson Ave, Fredericksburg, IA 50630

MINNEAPOLIS BASED COMPANY EXPANDING. Looking for Entrepreneurial Individuals/Couples wanting more Financial and Time Freedom. Must be Teachable, Reachable, Honest. Excellent commissions. Great trainings. Part or Full Time. Call 1-866-958-2969

PAID IN ADVANCE! MAKE \$1000 A WEEK mailing brochures from home! Helping Home Workers Since 2001! Genuine Opportunity! No experience required. Start Immediately! www.mailingincome.com

TRAILER SALE! CLOSE-OUT PRICES on ALL ALUMA in-stock trailers! Utility, motorcycle, Car hauler. Other trailers 6x12 cargo \$2,249.00, 7x12 14k Dump with tarp \$6,201.00, 7x14 Cargo ramp door \$3,919.00. Over 100 trailers in-stock. 515-972-4554 www.FortDodgeTrailerWorld.com

MINNESOTA'S BEST FISHING located on Lake Osakis. Choose from

8 Family Friendly Resorts. Over 6,200 acres of water enjoyment. Check out www.PlayAtOsakisMN.com, 1-800-422-0785, "Explore Minnesota"

INJURED? IN A LAWSUIT? Need Cash Now? We Can Help! No Monthly Payments to Make. No Credit Check. Fast Service and Low Rates. Call Now 888-271-0463 www.lawcapital.com

CASH FOR CARS: Any Make, Model or Year. We Pay MORE! Running or Not Sell your Car or Truck TODAY Free Towing! Instant Offer: 1-888-420-3805

CASH FOR CARS: All Cars/Trucks Wanted. Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer: 1-888-417-1382

PREGNANT? CONSIDERING ADOPTION? Call Us First! Living expenses, Housing, Medical and continued support afterwards. Choose Adoptive Family of Your Choice. Call 24/7. ADOPT CONNECT 1-866-951-1860

A CHILDLESS HAPPILY MARRIED COUPLE seeks to adopt. Will be hands-on parents. Financial Security. Expenses PAID. Let's help each other. Call/Text. Adam & Andres. 1-800-790-5260

A UNIQUE ADOPTIONS, LET US HELP! Personalized Adoption Plans. Financial Assistance, Housing, Relocation and More. Giving the Gift of Life? You Deserve the Best. Call Us First! 1-888-637-8200. 24HR Hotline.

***ADOPTION:* AT-HOME-MOM** & Successful NYC Businessman, playful pup, Beach House await baby. Expenses paid 1-800-362-7842 *Erin & Todd*

DISH NETWORK - \$19 Special, includes FREE Premium Movie Channels (HBO, Showtime, Cinemax, and Starz) and Blockbuster at home for 3 months. Free installation and equipment. Call NOW! 1-866-820-4030

\$14.99 SATELLITE TV. Includes free installation. High speed internet for less than \$.50 a day. Low cost guarantee. Ask about our FREE IPAD with Dish Network. Call today 1-855-331-6646

SUPPORT OUR SERVICE MEMBERS, Veterans and their Families in Their Time of Need. For more information visit the Fisher House website at www.fisherhouse.org

ARE YOU IN BIG TROUBLE With the IRS? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 1-855-820-6752

EEOICPA CLAIM DENIED? Diagnosed with cancer or another illness working for DOE in U.S. Nuclear Weapons Program? You may be entitled to \$150,000 - \$400,000. Call Attorney Hugh Stephens 866-643-1894. 2495 Main S., Suite 442, Buffalo, NY

REDUCE YOUR PAST TAX BILL by as much as 75 Percent. Stop Levies, Liens and Wage Garnishments. Call the Tax DR Now to see if you Qualify - 1-800-721-2793

VIAGRA - PFIZER BRAND! - Lowest Price from USA Pharmacies. No doctor visit needed! Discreet Home Delivery. Call 1-877-916-0542

TOP DOLLAR PAID for Wrecked, Damaged, Junk, Running and Non-Running Cars, Trucks, Vans & SUV's. Call Now! 855-970-2990 Fast Pickup!

GET CASH NOW for your Annuity or Structured Settlement. Top Dollars Paid. Fast, No Hassle Service! Call: 1-877-740-0888 (Mon-Fri - 9am-6pm CT)

SAFE STEP WALK-IN TUB: Alert for Seniors: Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less than 4" Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included.

Call 888-744-2329 for \$750 Off

REDUCE YOUR CABLE BILL!* Get a whole-home Satellite system installed at NO COST and programming starting at \$19.99/mo. FREE HD/DVR Upgrade to new callers, SO CALL NOW 1-855-237-7524

DISH TV RESELLER - SAVE! Starting \$19.99/month (for 12 months). FREE Premium Movie Channels. FREE Equipment, Installation & Activation. CALL, COMPARE LOCAL DEALS! 1-800-390-3140

MEET SINGLES RIGHT NOW! No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now: 800-357-4970

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 1-800-283-0205

CANADA DRUG CENTER is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-263-4059 for \$10.00 off your first prescription and free shipping.

DIRECTTV - 2 YEAR SAVINGS EVENT! Over 140 channels only \$29.99 a month. Only DirecTV gives you 2 YEARS of savings and a FREE Genie upgrade! Call 1-800-991-2418

HAVE YOU READ UNDETECTED by Dee Henderson? Christian fiction's first submarine story. Read the first chapter at: www.DeeHenderson.com

ADOPTION - CREATIVE, MARRIED COUPLE hoping to grow our family. Lots of love to give. Legal. Confidential. Expenses Paid. Please contact 973-699-8763.)



Looking for more
Living?

We know you enjoy receiving your local Iowa Living magazine in your mailbox each month. Now you can access news and information from all of our 24 Iowa Living magazines at one convenient site —

www.iowalivingmagazines.com

- more photos.
- more events.
- more news.
- more of everything you are looking for from your community and beyond.

Iowa Living
magazines



Check it out now!



HOSPITAL & CLINICS

www.mercyclinicsdesmoines.org

Follow us @MercyDesMoines



Comprehensive Pediatric Care

The physicians and staff of Mercy Pediatric Clinics are dedicated to keeping your child healthy and safe.

Pediatricians are specifically trained to care for infants, children and adolescents. They perform routine well-child exams, sports and school physicals, immunizations and treatment for acute and chronic illnesses. Mercy Pediatric Clinics are conveniently located throughout the Des Moines metro area, and the central location offers extended evening and weekend hours.

Central*

Mercy Central Pediatric Clinic
330 Laurel St., Des Moines
(515) 643-8611

**Extended hours available by appointment*

East

Mercy East Pediatric Clinic
5900 E. University Ave.,
Pleasant Hill
(515) 643-2600

Johnston

Mercy Johnston Pediatric Clinic
5615 N.W. 86th St., Johnston
(515) 643-6090

North

Mercy North Pediatric Clinic
800 E. First St., Ankeny
(515) 643-9000

West

Mercy West Pediatric Clinic
1601 NW 114th St., Clive
(515) 222-7337

Q. How can I prepare my child for severe weather?

A. As the weather begins to warm up during the spring, there is an increased risk for severe weather – including thunderstorms, flooding and tornados. It is important to prepare your child for severe weather so he or she knows how to stay safe in the event of a weather emergency. Here are a few tips for preparing your child for severe weather:

- Talk to your child about the different types of severe weather watches and warnings and teach him or her where to go and what to do when severe weather strikes.
- Create an emergency plan for communication so you'll know how to stay in contact if a severe weather event occurs when the family is not together. Be sure to share this plan with family members, neighbors and babysitters.
- Stay informed by subscribing to email and text message alert systems so you know when severe weather is forecasted.
- Compile an emergency supply kit – including a battery-operated radio, flashlight, extra batteries, bottled water, non-perishable food, a first aid kit and blankets. You may also want to include some games or books to help keep children entertained.

CATRIKE™

DEMO DAY



MAY 18, 3-6PM
WATERWORKS PARK
(SOUTH SHELTER)

AMES
126 S. 3rd ST.
232-3669

URBANDALE
6600 DOUGLAS AVE.
255-7047

WEST DES MOINES
5950 VILLAGE VIEW DR.
222-1880



- FREE TEST RIDES
- RAFFLES
- HOT DOGS HOT OFF THE GRILL

 
bikeworldiowa.com